

FUNKYFAB THERAPY

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The Movie

- ▣ F:\1 WAR MEMORIAL FOR REAL LIFE -
Large.m4v

The Beginning

- ▣ COAG Funding
- ▣ Health Intensity Programs
- ▣ What will we do?



Q & A
























- ▣ How will we use the funding and who will we include?
- ▣ Our clients are frail and elderly, the average age is 83.8 with a FIM admission score of 78, how can they participate in a group setting?
- ▣ How can we get everyone exercising sufficiently and still gain benefits?
- ▣ How can we do this? We are already seeing our patients – we don't have time to do more?
- ▣ This will change the way we deliver care to our patients – how can we make it work?

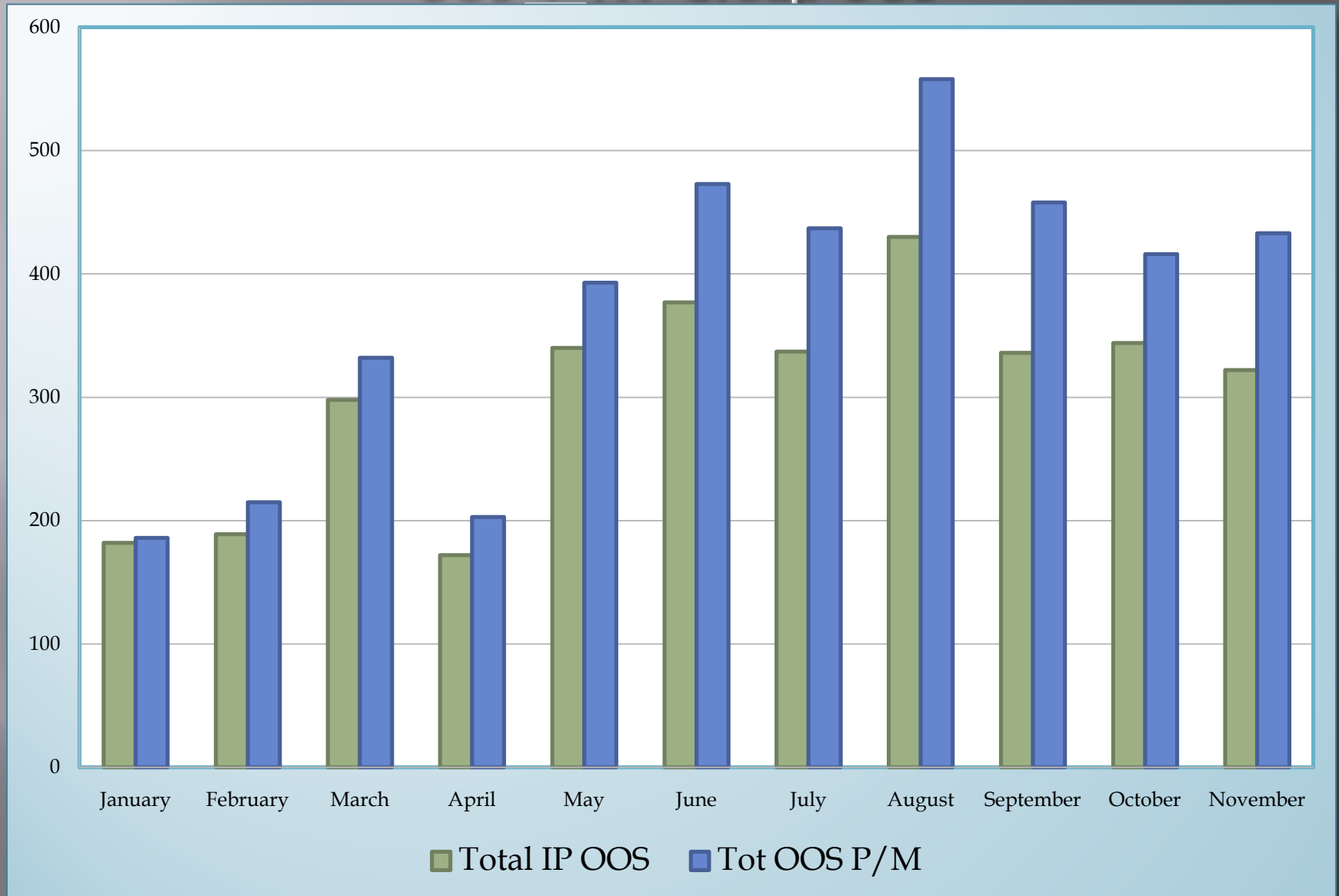
Where are we now?



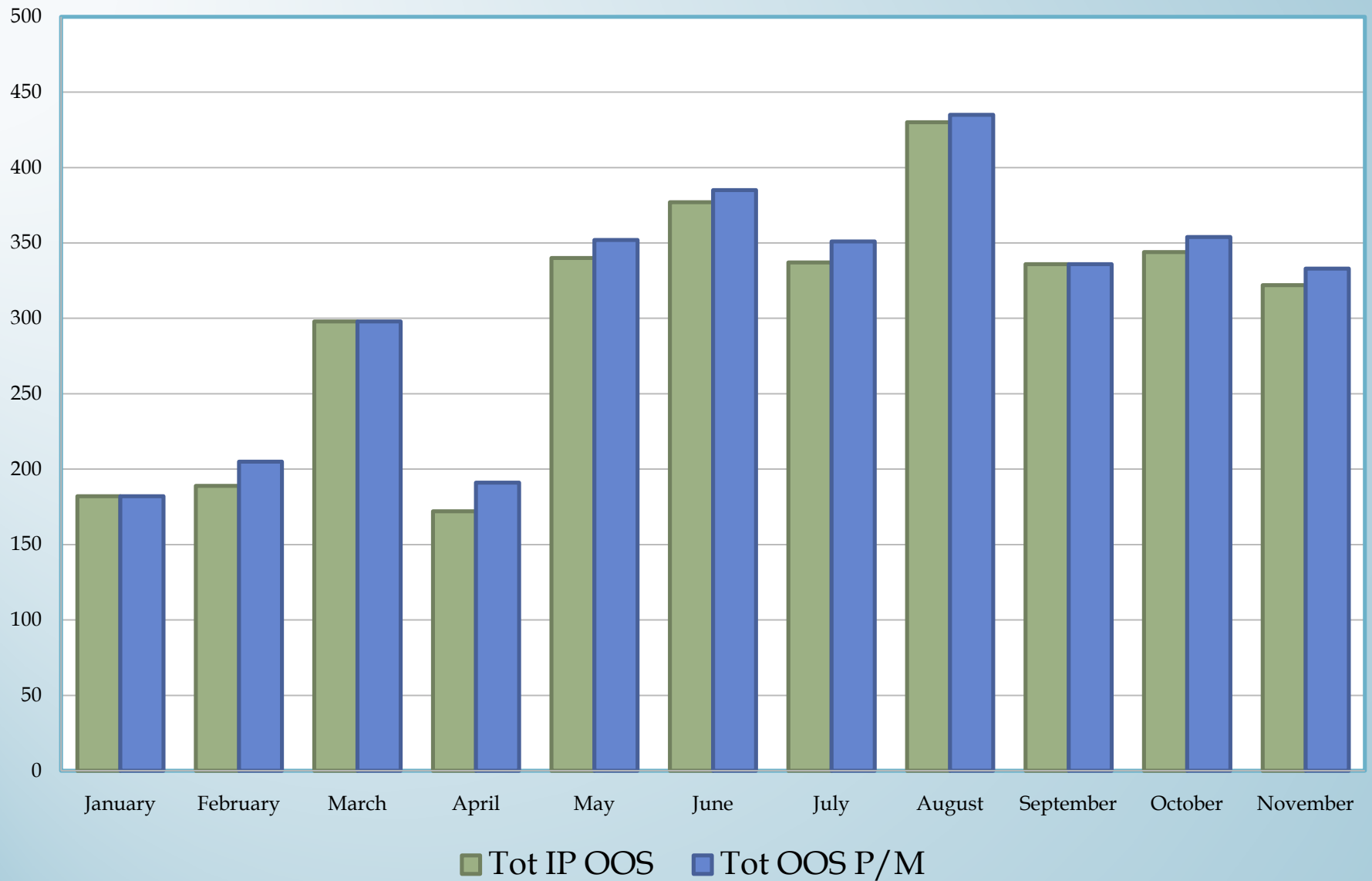
The Patient's Picture

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 – 9.00	Breakfast Club 		Breakfast Club 		Breakfast Club 
9.00 – 11.00	Lite & Easy 	Individual physiotherapy 	Coffee Club 	Community Access Group 	Individual physiotherapy 
11.00–12.00	Lite & Easy 	Hydrotherapy 	Lite & Easy 	Lite & Easy/Hydro 	Funky Friday Circuit Group/Wii 
12.00	Lunch	Lunch	Lunch	Lunch	Lunch
1.00 – 2.00	Fitness And Balance Group 	Slips, Trips & Broken Hips! 	Fitness And Balance Group 	Fitness And Balance Group 	
3.00 – 4.00	Hydrotherapy 	Tai Chair 	Hydrotherapy 		Hydrotherapy 

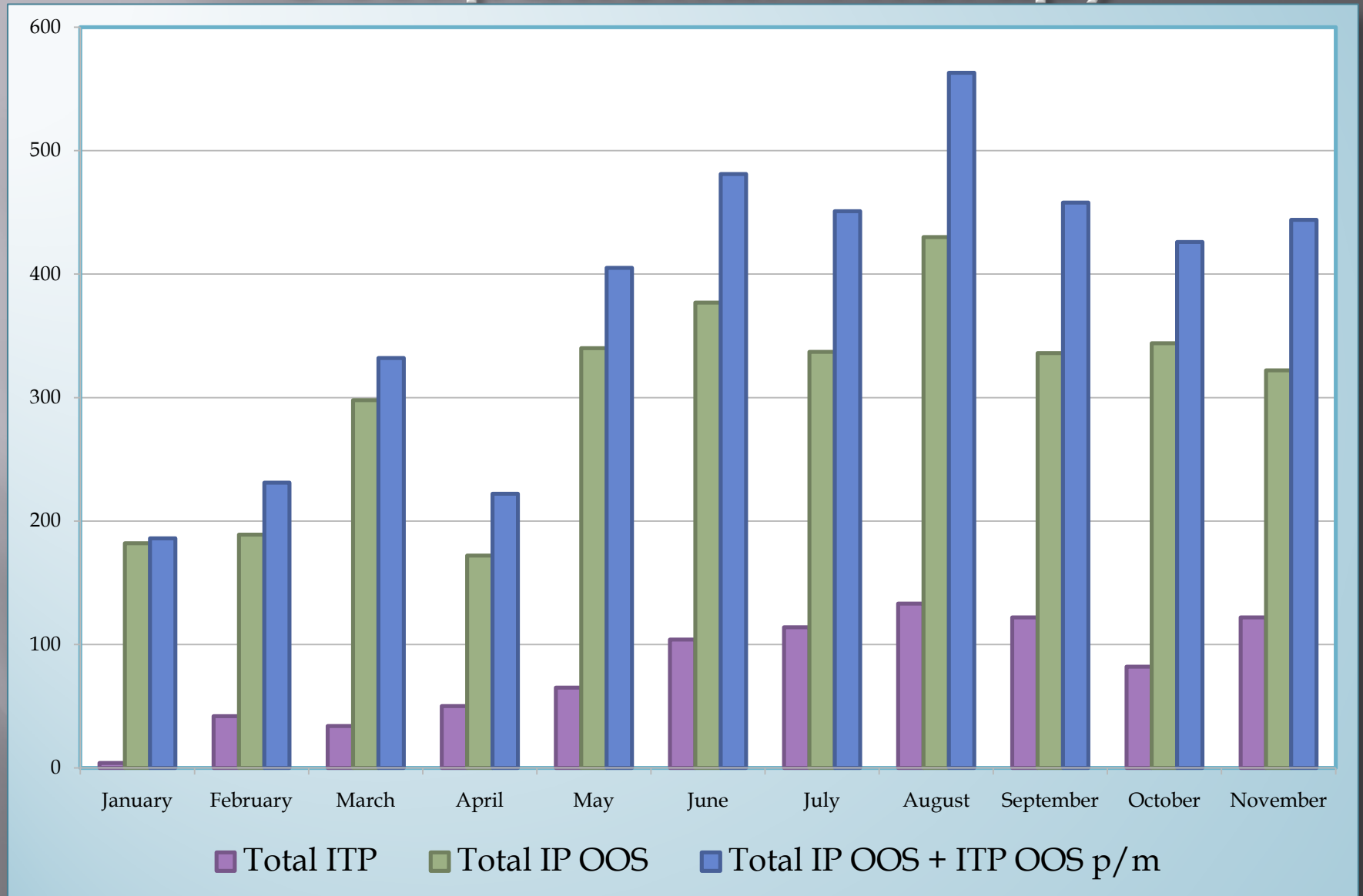
Occupational Therapy OOS v's Occupational Therapy OOS + ITP Group OOS



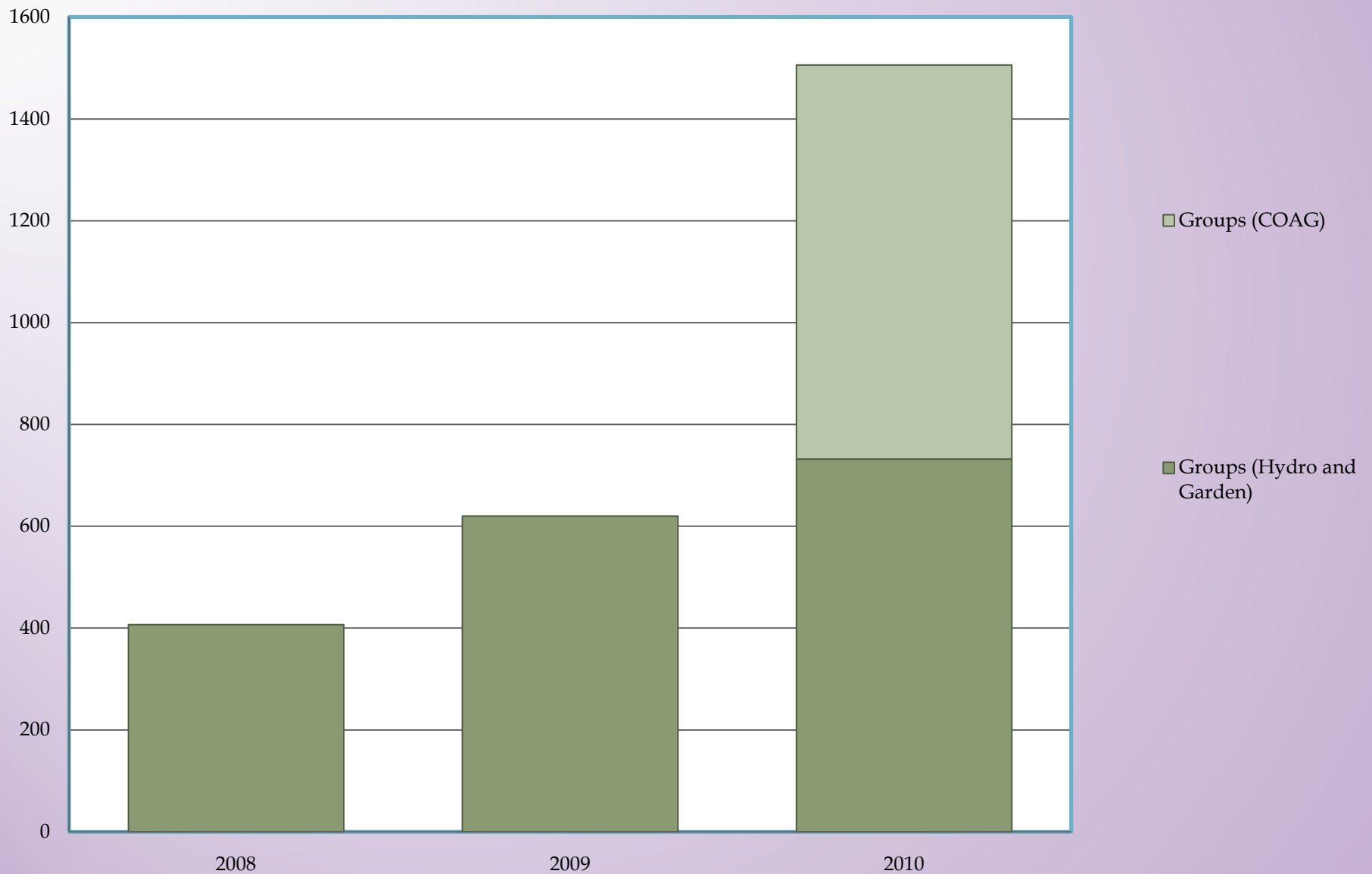
OT OOS v's OT OOS + ITP Individ OOS



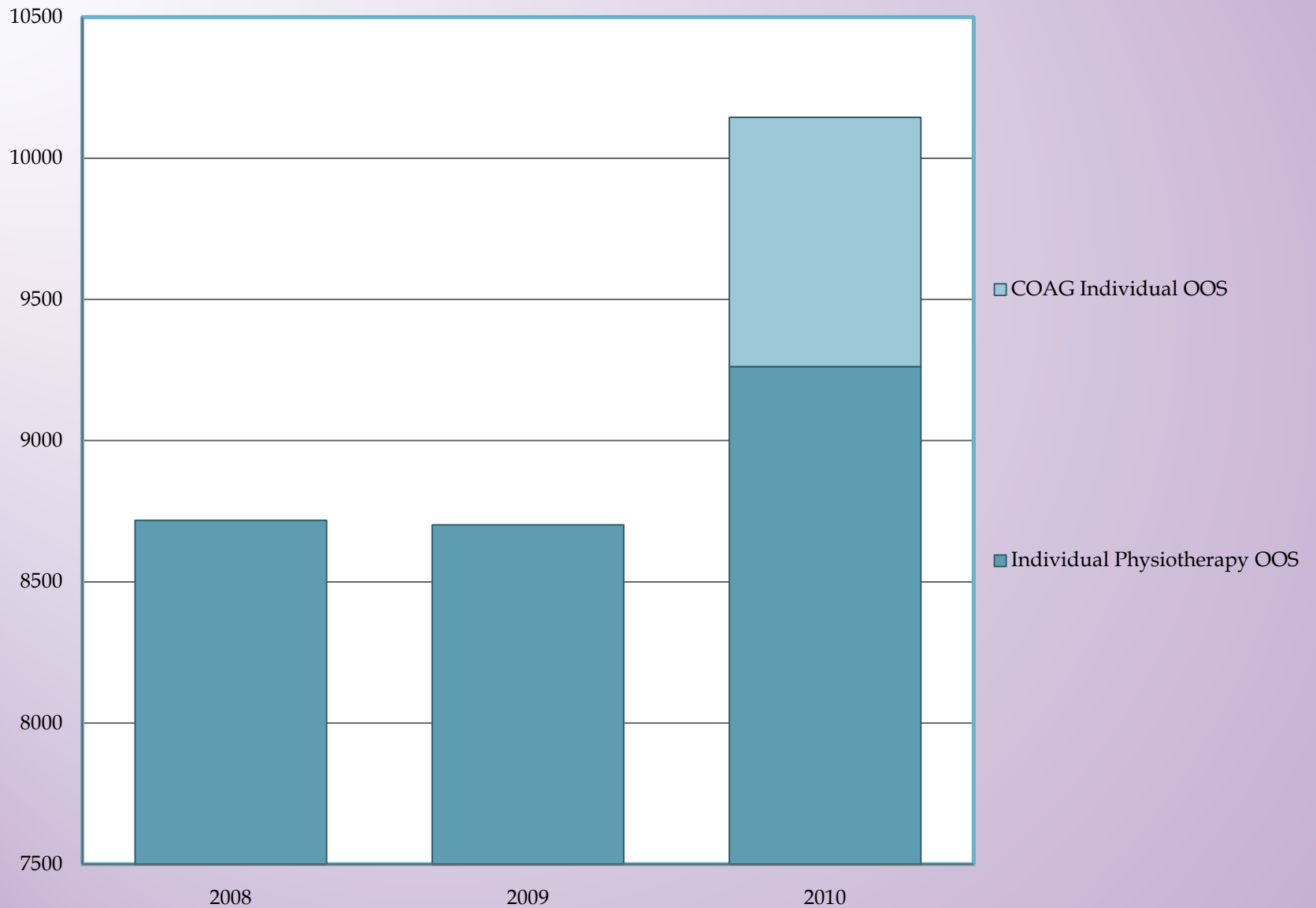
Occupational Therapy



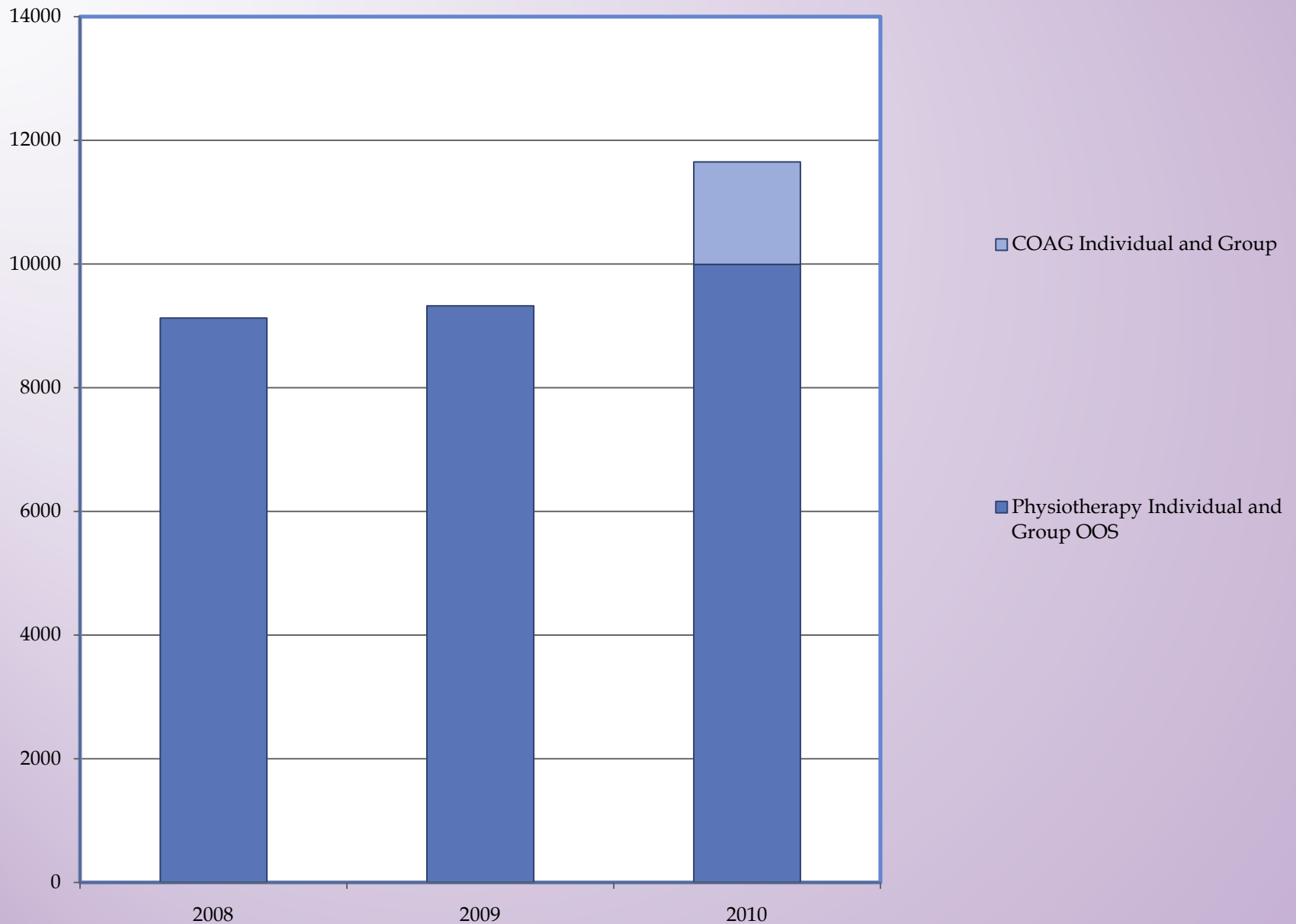
Group Physiotherapy OOS



Individual Physiotherapy OOS



Physiotherapy Plus COAG OOS

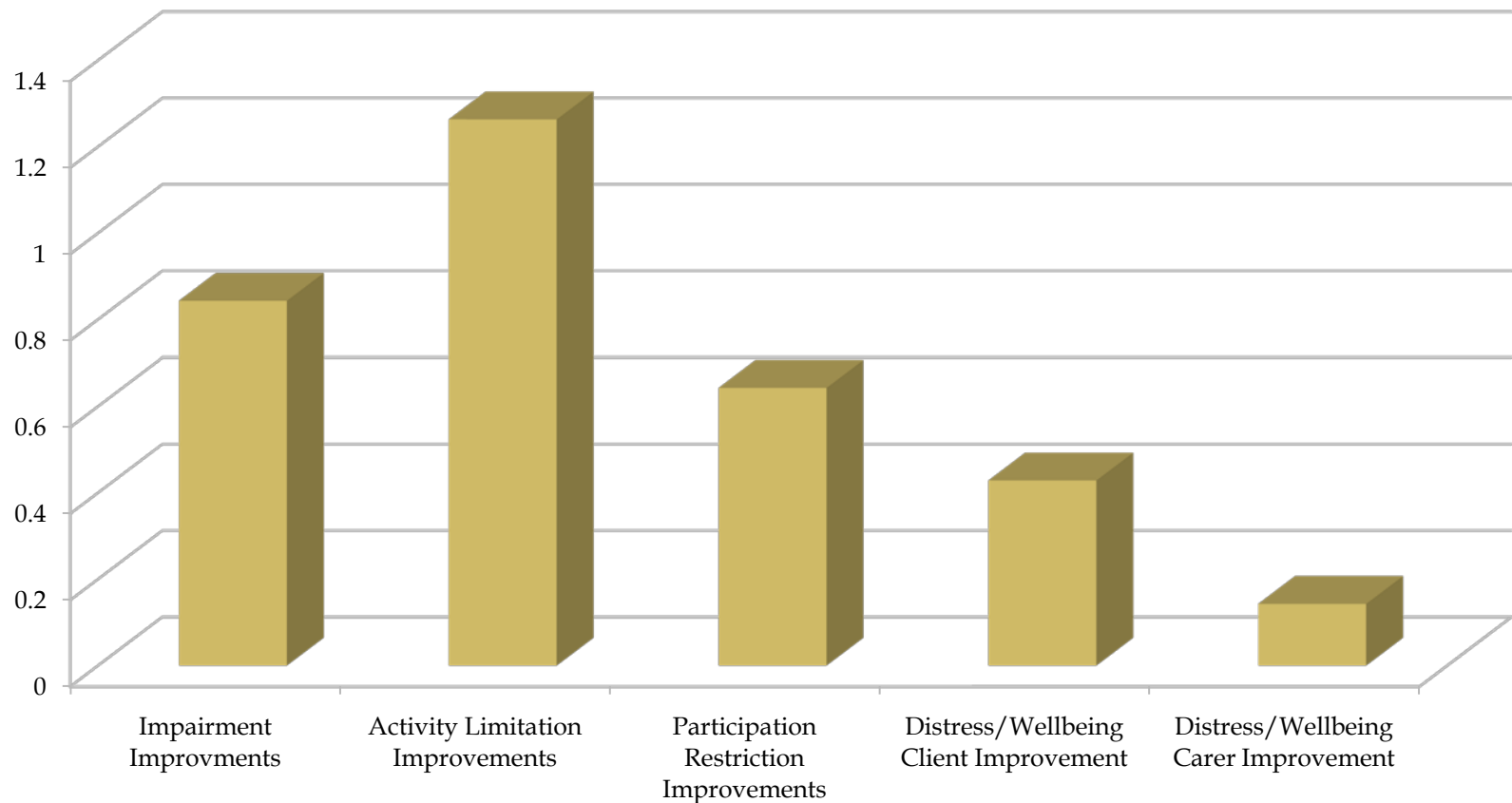


- ▣ Length of stay
- ▣ Functional Independence Measure

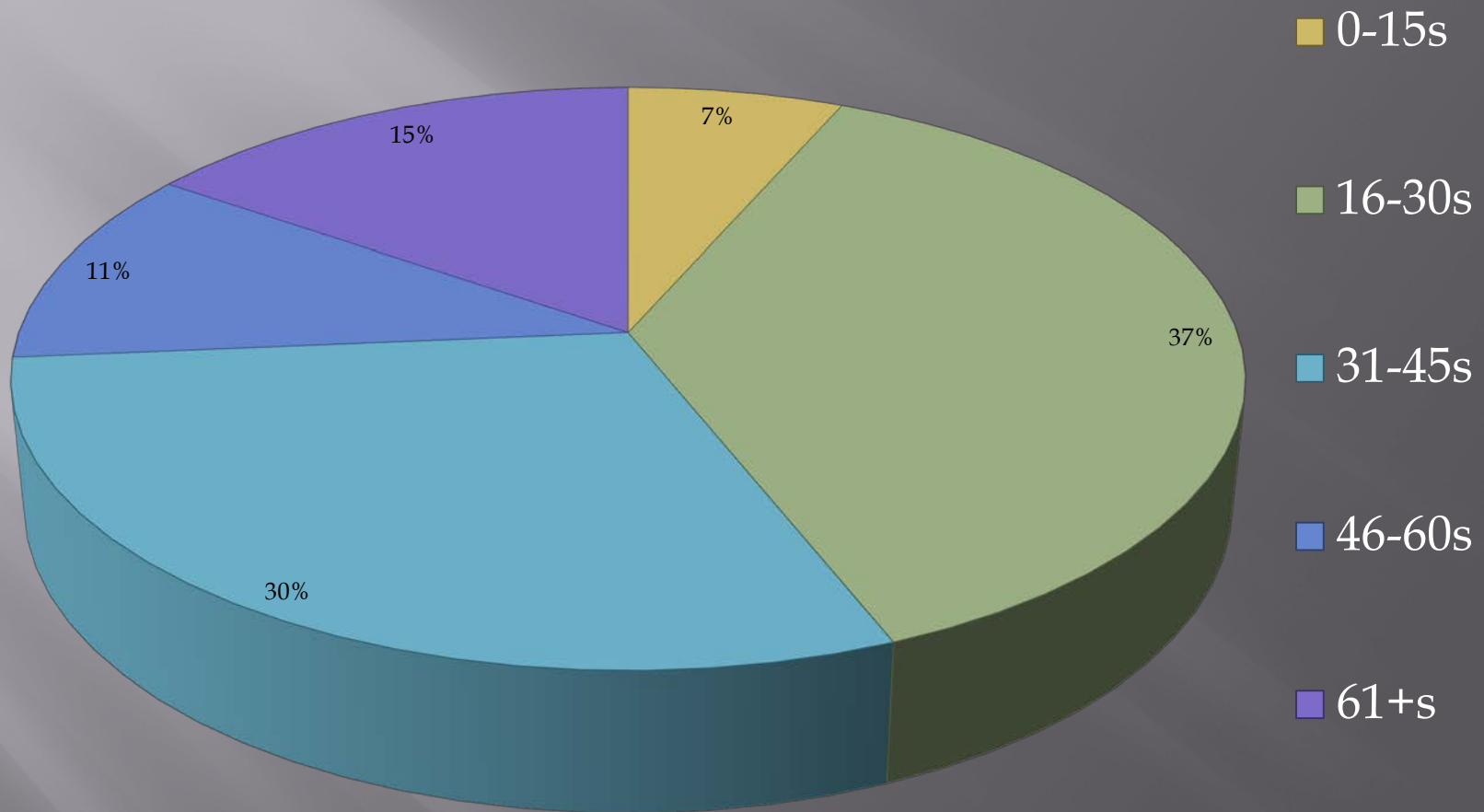


AusTOM's OT

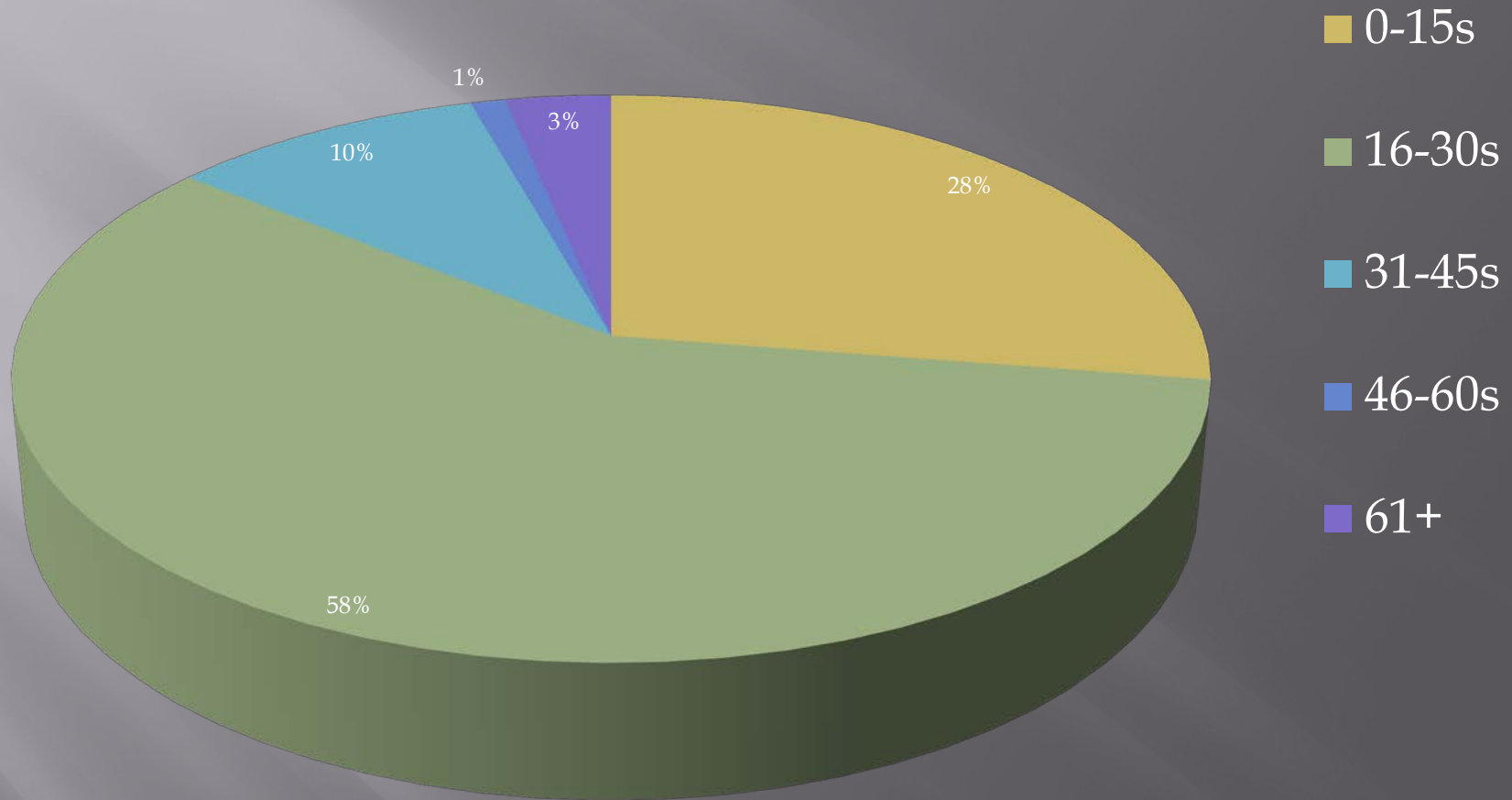
Improvement Averages



Initial TUG



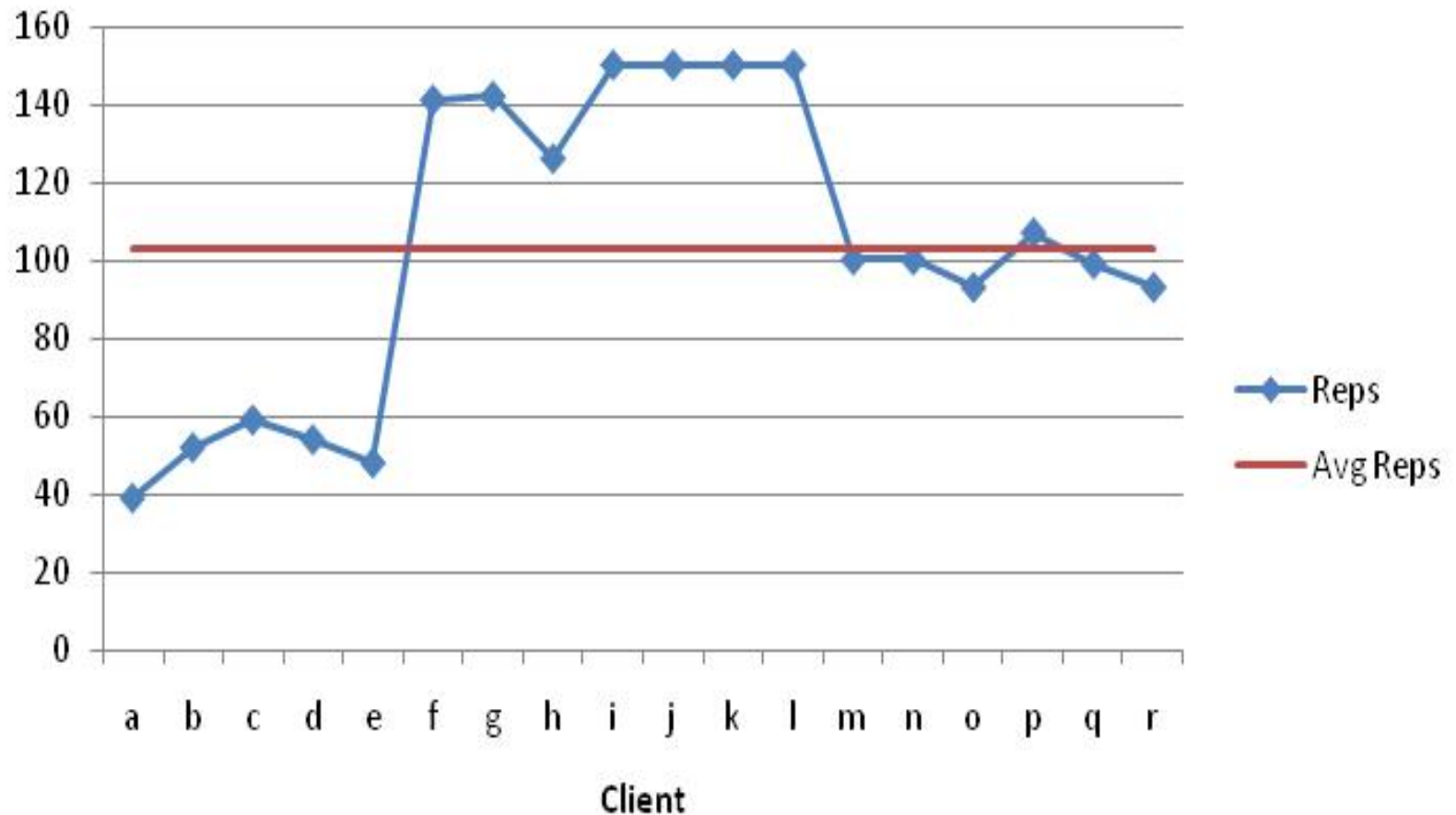
Final TUG



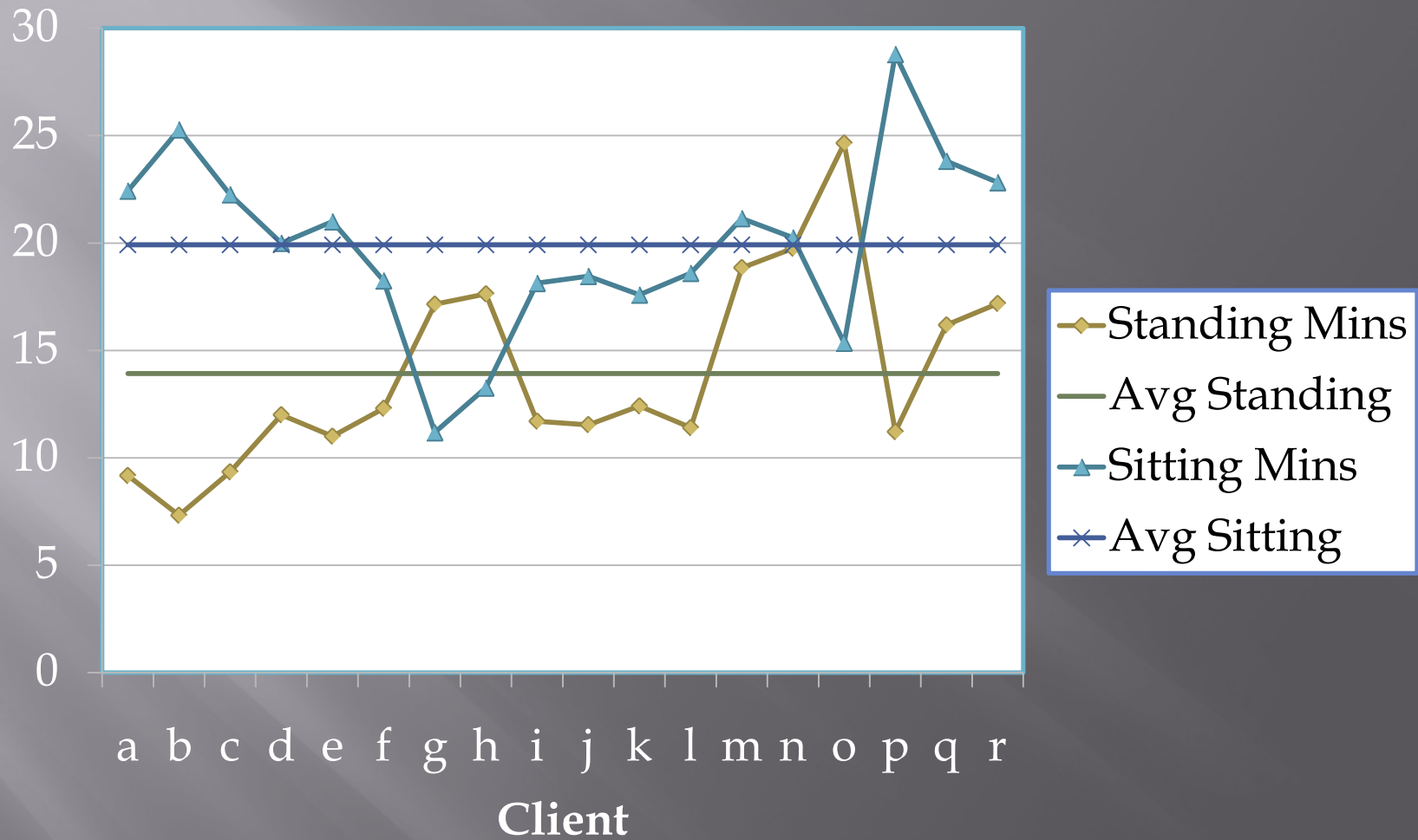
FunkyFaBulous Therapy??



Lower Limb Strength Exercise Repetitions



Exercise Time in Standing and Sitting



Rate of Perceived Exertion



Staff Feedback

- ▣ 100% of returned questionnaires stated YES OT intensity groups increased patient activity on the ward?
- ▣ *“Adult learning theories strongly support learning through sharing knowledge in groups – group work”*
- ▣ *“Groups were interesting, stimulating for the patients. More groups the better, not just sitting in their rooms”*
- ▣ *“Patients loved going to coffee club. Often the first time they left the ward and did a ‘normal’ activity”*

Patient Feedback

- ▣ *“The falls information was invaluable”*
- ▣ *“I enjoyed the outings to Charring Cross and the coffee shop”*
- ▣ *“The Funky Friday group was a terrific experience”*
- ▣ *“Coffee group gave me more confidence”*
- ▣ *“Lite & Ezy was a great opportunity to be active”*
- ▣ *The groups were great as we got to talk with other people”*

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